



BIEBS WANTS TO BEND
IT LIKE BECKHAM
STAR WILL SING
FOR LESSONS {page 36}

GOING THE DISTANCE,
KEEPING IT REAL
ROM-COM TAKES NEW
APPROACH {page 21}



DANGER DIAZ TOPS LIST OF WEB TRAPS SCENE {page 30}



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Weekend, August 20-22, 2010
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SuperEx: Last blast of summer

► Hundreds waited at Lansdowne Park gates for noon countdown to official opening
► Fridays are 2 for 1 Date Nights ► Coupons for extra admission at Pizza Pizza stores



► Ward Wright, front, and other members of the Pioneer Gathering signal the official opening of the 122nd Central Canada Exhibition with a volley from the rifles at noon on Thursday. More coverage, page 6.

Even an afternoon downpour couldn't dampen the spirits of thousands of people who flocked to Lansdowne Park for the first day of SuperEx on Thursday.

"The rain wasn't a problem at all," said Rebecca Crow, marketing manager for the

fair. "It got all the people into the pavilion buildings so they could see the historical exhibits and the agriculture exhibits in Aberdeen Pavilion."

As soon as the rain stopped, people were right back out on the rides, said Crow.

SuperEx is celebrating its last year at Lansdowne Park with a historical display set up in the Coliseum Building.

There is a demolition derby scheduled for the closing day on Aug. 29.

● TIM WIECLAWSKI

Movies What's on the silver screen?

► A salute to The Exorcist
► Spike Lee returns to New Orleans ► Former Frasier star gets Flipped ► Showtimes, reviews and more {pages 21-27}

Pride Week kicks off 25th year

► Gays in military life ► Check out week's events {pages 8-10}



Emeril unveils his Bam burger

Chef offers up 'ultimate comfort food' for summer {page 37}

Appetite for Destruction

Alan Cross on 'brutally honest' rock star memoir {page 28}



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On the web at metronews.ca

Kenya Hunt on the former dictator whose "game" with the ladies like a "hormonal 12-year-old."
More at metronews.ca/blogs

Infrastructure projects on time

► With almost \$31 million extra to spend, the city may be looking for a few infrastructure stimulus projects to complete before March 31



► At \$65 million, the Hazledean Road widening is the largest infrastructure stimulus project approved in Ontario.



TIM WIECLAWSKI
@METRONEWS.CA

Seven months to go and almost all of Ottawa's 115 infrastructure stimulus projects are on course to be finished on time and under budget.

In an update delivered to councilors on Thursday, Wayne Newell, the city's general manager of

infrastructure services, reported that only two projects are in danger of not making the March 31 cutoff to be eligible for federal and provincial funding.

Those two projects, the Hazledean Road widening and the Terry Fox Drive extension are expected to require around \$5 million of work after the deadline.

"It was a huge undertaking to overcome the neces-

sary approvals," said Newell. "The challenge today is really about the magnitude of work ... The activity and movement of employees and goods is quite overwhelming."

The total cost for all projects was projected to hit \$401 million. With contracts signed on all but one project, the total cost is now estimated at \$370 million, said Newell.

Stimulus

The city has been blessed with good construction weather.

► **June contracts awarded** As of the end of June, contracts had been awarded for 113 projects, work had started on 86 of those and 25 were already completed.

► **Stimulus** According to a report from the parliamentary budget officer, 936 (23 per cent) of the 3,913 stimulus fund project approved in Canada, were forecasted not to be completed by the March 31 deadline.

► **Infrastructure spending** The city spent \$31 million on infrastructure stimulus projects, in July.



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'Fresh beats' to fill Confederation Park

Fresh Beat electronic music festival organizer Steve Martin is gearing up for this weekend's free outdoor show.

The show, a first in Ottawa, will take place Saturday from noon until 9 p.m. in Confederation Park.

Fresh Beat is a house music Internet radio show and Saturday's performance

9 Eight DJs from Ottawa — and one from Niagara Falls — are volunteering their time on Saturday.

will be broadcast on danceradio.ca. This summer, Martin and his business partner Martin Michalowski have taken to the streets hosting outdoor



CONTRIBUTED PHOTO

events across the country.

"The outdoor shows are to promote local DJs and Canadian talent," said Martin, a resident of Gatineau. "The best thing about this event is that it's at Confederation Park, an urban location."

Martin is hoping for more than 300 people, and wants to make Fresh Beat

an annual festival. Although the volunteer-run event is free, Martin is hoping for donations: "We really need public support by voluntary contribution to cover the cost of the event," he said.  **SHEENA BOLTON**

For a full list of DJs and other info, visit www.freshbeat.ca

Kids' weekend at GreekFest

- Over the past two weeks, huge crowds seeking Greek food and entertainment have attended the festival
- This is the 37th year the festival has been held at the Hellenic Banquet Centre
- GreekFest admission is free

 **SHEENA BOLTON**
OTTAWA@METRONEWS.CA

This weekend, GreekFest is geared towards children.

This Saturday features a children's carnival, a visit from fire department mas-

cot Sparky, the Children's Hospital of Eastern Ontario bear and performances from local children's folk dancing groups.

"People can see our own Odyssey dance group," said Vasilios (Bill) Sioulas, one of the 350 volunteers.

"Odyssey is a lead Ottawa performing group who recently performed in Northern Greece."

The festival has a unique idea to raise money for CHEO.

"Every night we bring out this huge barrel and

have 'Breaking Plates For CHEO,'" he said. "For \$2 you smash a plate in front of everybody. That has been very successful — we've had lineups of people buying 10 to 20 plates at a time and letting out some stress."

"You are living a day the Greek way, that's our motto. There are lots of things to do here, inside the Athena Court we hold demonstrations ... and the lamb, the food is what people come down here for."

VASILIOS SIOULAS

SHEENA BOLTON/FOR METRO OTTAWA



To get the lamb ready for lunch on Thursday, Jim Georgaras, from left, John Kassotis, John Majrodimiris and Leonidas Romanzas have to start cooking at 2 a.m.



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Entry fee dropped for debate

► Eight municipal candidates confirm attendance



Organizers of a municipal candidates' debate on Sept. 13 have dropped a \$10 entry fee after a number of participants expressed reluctance to participate in a paid-entry event.

The charge was primarily to cover the cost of

holding the event at city hall, but any remaining funds would have been used by the Ottawa Taxpayer Advocacy Group "to advance our mandate," said spokesperson Ade Olumide.

Having already debated members of OTAG once, Alex Cullen said he still has no plans to attend the event. Cesar Bello also withdrew because of the

entry fee.

Clive Doucet, Jim Watson, Larry O'Brien, Stan Pioro, Robin Lawrence, Jane Scharf, Mike Maguire and Charlie Taylor have all confirmed their attendance.

Doucet will also be joining Cullen, Watson and O'Brien for a debate on Sept. 12 at the National Arts Centre Fourth Stage.

TUNNEL CLARIFICATION

Watson keeps cost in mind

To clarify a point made in Thursday's edition of Metro, mayoral candidate Jim Watson is committed to moving forward with

the downtown Ottawa transit tunnel. However, he does not want residents to be stuck with a bill for a project that is wildly over budget.

If the actual cost of the tunnel ends up being much more than the projected \$2.1 billion, he would have council look for adjustments to make it more affordable.

● METRO OTTAWA



SuperEx. Fireball



► Layne Harris, 14, left, and Madison Harris, 15, right, ride the Fireball, a roller-coaster-style ride that takes passengers upside down around a giant O-shaped track.

TIM WIECLAWSKI/METRO OTTAWA

Riders feel the rush

Within minutes of the gates of SuperEx opening on Thursday, sisters Layne and Madison Harris were on the rides. The girls have said they've been looking forward to jumping on the rides with friends all summer. They've been coming to the Ex for years. "I can't remember a year when we haven't gone," said Madison.

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08

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Being gay in the

► Canadian Forces' Don't Ask, Don't Tell policy was abolished in 1992

 **JON TATTRIE**
HALIFAX@METRONEWS.CA

In the past 20 years, the Canadian Forces has gone from being a homophobic organization that actively hounded out gay and lesbian members to one of the world's leading advocates of open integration.

Rana Sioufi, a spokeswoman for the Forces, says after the abolition of the Don't Ask, Don't Tell policy, the Armed Forces no longer has a specific policy for gay and lesbian members and uniformed personnel regularly march in Pride parades and marry in base chapels.

"Members who are same-sex partners are entitled to the same respect and dignity as heterosexual married couples or common-law partners,"

Sioufi says.

That's a long way from the treatment Michelle Douglas received in 1989. She complied with the secretive policy by not revealing she was a lesbian, but the Special Investigations Unit kicked in the closet door.

Douglas was interrogated on the suspicion she was gay and ultimately dismissed on the grounds that she was "not advantageously employable due to homosexuality."

"It was a very, very different time," the Toronto woman says. "There was a sense that gays in the military were somehow tantamount to criminals. It was a really sad approach."

Douglas fought back in court and her action led to the Forces abandoning Don't Ask, Don't Tell in 1992. That paved the way



► It has been almost 20 years since the Canadian Forces abolished its Don't Ask, Don't Tell policy.

for rapid change.

"It was a very unpleasant experience at the time ... but in the end, Canada did the right thing and I'm very proud of that," she says.

That experience is being studied carefully south of the border, where U.S. President Barack Obama is poised to repeal the Don't Ask, Don't Tell policy the American armed forces installed in 1993.

Halifax resident Jen-

Other countries

- **U.S.** President Barack Obama is considering repealing the country's Don't Ask, Don't Tell policy.
- **Mexico** No restrictions, but discrimination within the ranks does occur.
- **Denmark** There is a law against discrimination based on sexual orientation — including in the Danish military.
- **Russia** Gays have had the right to serve in the army

METRO WORLD NEWS

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military

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nifer Paty saw its effects first hand during her sparkling 20-year career in the U.S. navy, which ended in 1994. The second she was out of the forces, she came out of the closet and has since fought hard against the policy.

"Part of that may have been guilt," she says. "At a time when our gay soldiers and sailors were needing mentors and I was in a position to be a professional mentor, I couldn't do it."

"It was such a betrayal," she adds of the policy she believes forces people to lie about who they are and who they love. "It was heartbreaking."

Paty, now a minister in the Safe Harbour Metropolitan Community Church, hopes the U.S. can follow her new home's example.

"I'm hoping we can come even remotely close to what it sounds like was a pretty good transition (in Canada)," she says.

OUT IN THE FORCES

A soldier's story

I can't speak for the Canadian Forces as a whole, but my experiences so far of being gay and out in the military have been nothing but positive. In general, people are very supportive.

In my office at work, everybody knows and has met my partner and treats me the same as everybody else. Of course, there are still comments like "that's gay," but the people saying this don't intend any malice and only say it because it's such a common saying ... I find the best way to deal with it is to make a joke about it ... and it doesn't bother me.

In my experience, being gay in the CF is entirely supported by the chain of command and the organization in general. For example, the CF has a strict no-tolerance policy of harassment of any kind, including of a sexual-orientation nature. As another example, my partner and I are common-law and we are entitled to all of the same benefits within DND that a heterosexual couple is entitled to.

This isn't to say that everybody in the CF accepts gays in the military on a personal level, but as an organization it is fully supported."

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Proud quarter century

► Event was started in 1986 by Gays of Ottawa ► This year's focus is on family-friendly events

 **SHEENA BOLTON**
OTTAWA@METRONEWS.CA

Capital Pride celebrates its 25th anniversary this year.

The week kicks off Friday with historical dis-

plays at Pride-supporting establishments, and an opening party at The Lookout on York Street in the Market.

This year's theme is "Celebrating 25 years in Colour" and the week will consist of 65 events.

"The week is important to create a face for all members of the GLBTQ (gay, lesbian, bisexual, trans, two-spirit and queer) community in the national capital region to both celebrate and live their pride," said Brodie Fraser, vice-chair.

Organizers are hoping to have 70,000 people attend throughout the week and are expecting 35,000 people to participate in the annual Capital Pride Parade taking place Sunday Aug. 29 from 1 to 2:30 p.m.

Again this year the

Capital Pride

Some events lined up for the coming week:

- **Monday** Flag-raising ceremony at 4 p.m. at the Mario Dewar Plaza.
- **Tuesday** Evening family picnic in Jack Purcell Park.
- **Wednesday** A pick-up softball game at 7 p.m. at Mc-Nabb Park.
- **Saturday, Aug. 28** The Queer Youth Prom at 7 p.m. at Jack Purcell Community Centre.



RCMP and military personnel will march in uniform.

With 40 local partners, community is an impor-

tant part of Capital Pride, said Fraser.

To thank those partners there's a gala next Friday at the Arc Hotel,

where awards will be handed out to people who have made a difference in Ottawa-Gatineau's GLBTQ community.

"Expect fun in the sun on the day, lots of colour and a big celebration to mark our quarter century," said Fraser.



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News in brief



Harper promises jobs

NEW BRUNSWICK. Prime Minister Stephen Harper announced Thursday the creation of a civil servant payroll centre in a region of New Brunswick bracing for possible job cuts if a move to abolish the long-gunning registry proceeds.

Harper said the establishment of the facility in Miramichi would more than make up for any layoffs at the Canadian Firearms Centre, which administers the registry and employs about 200 people in the city.

"Let me assure you, the jobs we're creating at this announcement today will absorb any job losses in

the firearms centre many times over," Harper told a news conference.

THE CANADIAN PRESS

Dispute moves to cabinet

OTTAWA. The fate of Telus Corp.'s multimillion-dollar telecommunications contract with the Defence Department now rests solely with the federal cabinet. The country's telecommunications regulator has closed the door for the second time to a review of the complex dispute over pricing that involves rival Bell Canada.

THE CANADIAN PRESS

Accused mom released

MONTREAL. A woman accused of trying to kill her teenage daughter shed tears of relief Thursday as a judge granted her release and gave her permission to visit the alleged victim.

Montreal police said after Johra Kaleki's arrest in June that investigators concluded it was an "honourable crime."

THE CANADIAN PRESS

EXPLOITING

► Fears grow that Islamic extremists will recruit Pakistani flood victims ► 20 million people affected

Islamist terrorists may exploit the chaos and misery caused by the floods in Pakistan to gain new recruits, the country's president warned Thursday — remarks echoed by a leading U.S. senator who said America would stand by its vital wartime ally during the crisis.

The floods have affected 20 million people and about one-fifth of Pakistan's territory, straining its civilian government as it also struggles against al-Qaida and Taliban violence. Aid groups and the United Nations have complained that foreign donors have not been quick or generous enough given the scale of the disaster.

"All these catastrophes give strength to forces who do not want a state structure," Zardari said during a press conference with

\$150M

**Amount U.S.
assistance to Pakistan
will be raised to,
according to
Massachusetts
Senator John Kerry**

John Kerry, chairman of the Senate Foreign Relations Committee, after the two visited some of the country's hardest-hit areas and a relief camp.

"There is a possibility that the negative forces would exploit the situation," Zardari said. "Like they would take the babies who have been made orphans and take them to their camps and train them as the terrorists of tomorrow."

Zardari's government has been criticized for failing to respond quickly enough, and Islamist chari-

ties — at least one of which has alleged links to terrorism — have been active in the flood-hit areas.

More than three weeks after the floods first began, the U.S., Germany and Saudi Arabia all announced new pledges of aid, while Japan said it would send helicopters to help distribute food, water and medicine.

The Asian Development Bank said it would redirect \$2 billion of existing and planned loans for reconstruction.

"If we don't do it quick, if we don't do it well, what will the Pakistani people think?" asked Juan Miranda, the development bank's director general for Central and West Asia. "We have to put every road and every bridge back into the shape where they should be."

THE ASSOCIATED PRESS



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Oh, no ... The moon's shrinking

The moon is shrinking but it won't be disappearing any time soon.

New research indicates cracks in the moon's crust that have formed as the interior has cooled and shrunk over the last billion years or so.

That means the surface has shrunk, too, say scientists in the journal Science.

THE ASSOCIATED PRESS

Bull sees red, runs amok



MANUEL SAGUES/THE ASSOCIATED PRESS

► 40 hurt as it leaps into stands

A Spanish bullfight was like a red rag to the bull.

It leapt into the packed grandstands and ran amok.

Forty people were injured as it charged and trampled spectators.

Video showed the bull jumping several metres high out of the ring.

It cleared two barriers before landing in the stands and raising a panic as it lurched through the screaming crowd.

The animal was brought under control by bull handlers after several minutes at the arena in Tafalla in the northern region of

"I was with my friends when the bull jumped over. Somebody must have pushed me. I got a big fright."

ENEKO GOYENA SESMA, 16

Navarra and later killed.

The injured included a 10-year-old boy who was in intensive care after the bull reportedly fell on him.

THE ASSOCIATED PRESS



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Intel agrees to buy McAfee for \$7.68B

► Future is in security, says chip-maker ► Deal positions Intel to expand in smartphone market

Intel Corp. said yesterday it is buying computer-security software maker McAfee Inc. for \$7.68 billion US as the chip-maker adds to its arsenal of tools to serve an increasing array of Internet-connected devices, including mobile phones.

The \$48-per-share price represents a 60 per cent premium over McAfee's Wednesday close of \$29.93. McAfee shares surged 58 per cent after the deal was announced Thursday to hit \$47.42 in premarket trading. Intel shares slipped 2.5 per cent to \$19.11.

Intel, which is based in Santa Clara, Calif., said security is now a fundamental component of online



► Intel CEO Paul Otellini

computing, but today's approach to security isn't adequate for the growing availability of Internet connections on mobile phones, medical devices, ATMs, automobiles and

elsewhere. The industry needs a new approach that combines software, hardware and services to meet tomorrow's needs, the company said.

"With the rapid expansion of growth across a vast array of Internet-connected devices, more and more of the elements of our lives have moved online," Intel CEO Paul Otellini said. "In the past, energy-efficient performance and connectivity have defined computing requirements. Looking forward, security will join those as a third pillar of what people demand from all computing experiences."

THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas 1,000 cu ft
			\$4.171 (-6.8¢) Gold contracts \$1,235.40 (+\$4)

Source: S&P Dow Jones Indices
-70.90
(11,710.18)

-0.98¢
(96.23¢ US)

-99¢ US
(\$74.43 US)

RIM planning tablet?

Research In Motion Ltd., based in Waterloo, Ont., is racing to introduce its tablet as rivals debut similar devices that fill the gap between smartphones and laptops, said three people familiar with the plans.

The tablet has not yet been announced by the company.

THE CANADIAN PRESS

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NYSE. Expendables



► The Expendables: from left, Jason Statham, Sylvester Stallone and Terry Crews.

SETH WENIG/ASSOCIATED PRESS

Wall Street mission accomplished

Cast members of the movie The Expendables ring the opening bell at the New York Stock Exchange in New York yesterday.

Economy slowing, but not stalled: Statscan

Canada's economy will continue to churn out growth, but the pace is set to slow further as the housing market cools and the U.S. economy falters, according to a Statistics Canada report released yesterday.

The Statistics Canada leading economic indicator index — a monthly gauge of where the economy appears headed in the coming months — slowed to a 0.4 per cent increase in July, after a gain of 0.7 per cent in June.

That's the smallest gain for the index recorded in more than a year.

A cooling housing market will slow Canada's economy going forward, but the figures still signal continuing growth.

Statistics Canada reports most of the slowdown originates in the

household sector, where three components of the index fell. None of the seven other components decreased.

The housing index continued to retreat from its recent highs, declining 4.1 per cent as both housing starts and sales contributed to the decline.

The slump in house sales was reflected in a 0.6 per cent drop in furniture and appliance sales, while demand for other durable goods posted a fifth straight decline.

Meanwhile, the manufacturing sector continued to recover steadily as new orders for durable goods rose 2.2 per cent, their sixth straight advance.

A second report released by Statistics Canada yesterday found that wholesale sales declined 0.3 per cent.

THE CANADIAN PRESS

U.S. numbers

The U.S. Conference Board said its index of leading economic indicators rose 0.1 per cent last month, suggesting growth will be sluggish for the rest of the year.

► **Unemployment** New applications for unemployment insurance in the United States reached the half-million mark last week for the first time since November.

► **Claims up** The U.S. Labour Department reported that initial claims for jobless benefits rose by 12,000 last week to 500,000, the fourth increase in the past five weeks. Economists had predicted claims would drop.

Google gives time to opt out

Google Inc. said yesterday it would double the amount of time Germans have to opt out of having their homes shown in its Street View feature.

Germans will now have eight weeks, instead of four, to request images of their homes be deleted, Google said in a statement.

Google announced last week its plan to introduce

Street View for the 20 biggest German cities in November, raising concerns in this privacy-conscious country.

At authorities' insistence, the company created an online tool Germans can use to request pictures of their homes be removed before the service's launch — something Google hasn't done anywhere else.

THE ASSOCIATED PRESS

CEO in win-win position

Potash Corp. of Saskatchewan Inc. Chief Executive Officer Bill Doyle stands to receive \$445.4 million US for his stock and options if BHP Billiton Ltd. succeeds with its hostile takeover offer.

Doyle, 60, held 3.43 million shares and options as of Feb. 19, according to a company filing. THE CANADIAN PRESS



5 MINUTES WITH: MARIA LOI

Celebrity chef Maria Loi cooks on the morning show of Greece's MEGA channel and hosts a new cooking show called It's All Greek with Maria Loi. She held cooking demonstrations this week as a special guest of the Ottawa Greek Festival.

What's the greatest virtue of traditional Greek cooking?

First of all, they have great ingredients because of the sand, the soil. Greek olive oil is the best in the whole world because it's native over there. The olive tree, it was in Athens, it was in Crete, thousands and thousands of years ago. Maybe

it seems prejudiced to say all these things because I'm Greek, but it's true.

How did you end up here at Greekfest?

I love Canada, and so whenever they call me here, I grab it up immediately. Yes, I will come over there to help make the cooking shows, not only on TV, but we're going to make the cooking lessons every day here.

What do you love about Canada?

I think you have something clean, like the environment. When you

look in the eyes of the Canadians, I can see that they have nothing to hide ... I love them, I don't know why.

What are you going to cook up for us here?

Many, many things. Because we're influenced now by the Cretan diet, we're going to make authentic foods from Crete. You have to come and see.

Can you give me an example?

I will give you an easy example. I can give you the karidopita. It's a walnut cake that everybody loves.

Before you became a chef, you worked in PR and had Texaco as a client. What would you have done if BP had been your client this spring?

Well, it would have been very tough, believe me. Actually that's why I left all these huge companies that I was with.

When did you know you wanted to get out of that business and into the kitchen?

Food is my passion. Always I had it, since I was seven years old and I used to cook for my family.

● STEVE COLLINS

Cartoon

MICHAEL DE ADDER



Letters & Tweets

We asked: Buying your own engagement ring: Girl power or desperate act?

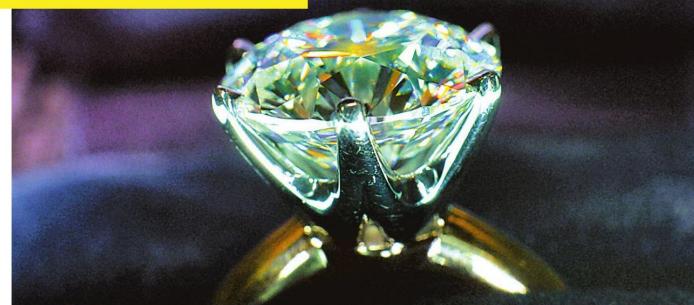
TORONTO. For myself, I would have to say girl power cause I'm going out tonight to buy my engagement ring.

My boyfriend has given me the money for it and all and, as he put it, he wants to make sure that it's the ring that I want as he knows that I'll be the one to wearing it, not him.

TINA SPRAGG

EDMONTON. @DT_princess a girl buying her own engagement ring? Desparate. Where's the

6.5-carat commitment



chivalry? Romance? Bah. =)

We asked: What reality show would you like to go on?

TORONTO. The reality TV show I would like to go on is The Bachelorette, The Bachelor, Big Brother, Amazing Race and Beauty and the Geek if it still airs.

The reason is that I

like to go on TV for the first time, get some exposure, and find the right girl to be my future wife on the Bachelorette or the Bachelor.

Also to see the world on the Amazing Race and to attract a beautiful model-like girl that can help me be a sociable guy and I can help her intellectually.

SIMONS GORDON

What's your all-time favourite action movie?

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Metro Minute at the film festival

Swing by the Lieutenant's Pump on Elgin Street this evening to check out and judge music videos from around the world as part of the Ottawa International Film Festival.

The event runs from 6:30 p.m. until 9:30 p.m. and costs \$10 at the door.

An audience vote will decide the top video and, at the end of the night, the

winner will receive \$250.

The festival continues throughout the weekend with feature films showing from 1 p.m. to 6 p.m. at the Mayfair Theatre. Saturday showcases Canadian Films and Sunday showcases International films.

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● SHEENA BOLTON

Three days to play

ARE YOU PLANNING ON GOING TO THE LAST SUPEREX EVER HELD AT LANSDOWNE PARK?

Marc Landry
GATINEAU

If it's the last one there, I'll go for sure. I live at the other edge of Gatineau, so if they move it further away, I probably won't go.

Liz Gutierrez
GATINEAU

I only found out about SuperEx last year. I am intending to bring my 11-year-old there, but I'm not sure with the crowds. If they move it to a little more controlled location, I'd go for sure.

► Phone sex, assumed infidelity — romantic comedy *Going The Distance* takes on highs and lows of long-distance relationships ► Director Nanette Burstein's background in documentary, Justin Long and Drew Barrymore's chemistry added to film's natural feel



► Real-life lovers Justin Long and Drew Barrymore star in *Going The Distance*, in theatres next week.

PHOTO COURTESY WARNER BROS.



Burstein in her own words

On choosing real-life couple Drew Barrymore and Justin Long

"I deliberately chose a real couple because they had such a wonderful natural chemistry together and also because the movie has lot of comedy in it involving things like phone sex and sex on a dining room table. So it was great to have two actors who felt so comfortable with each other. That way they could just really go for it with the comedy."

On Justin Long's curious work habits

"Justin couldn't stop getting naked on set with Drew. He seemed to love it."

How documentaries prepared her for fiction

"There was actually a lot that I could draw upon, primarily from being able to draw a story out of life. As a fiction director, especially when you're helping develop the script or rewriting it on set, I think your sense of story is really important. Also knowing how to make people very comfortable on camera. Helping real people feel comfortable on camera isn't that different from helping actors feel very natural on camera."



In brief



Despite two years of low ratings, the Grammy nominations will once again be unveiled in a prime-time special. The Recording Academy this week announced a Dec. 1 live broadcast of the nominations.

THE ASSOCIATED PRESS



Standup uses a Net for fearless, caustic humour on Comedy Central's *Tosh 2.0*

Going The Distance and keeping it real

PHIL BROWN
SCENE@METRONEWS.CA

Next weekend *Going The Distance* — yet another star-studded romantic comedy — will be hitting screens headlined by Drew Barrymore and Justin Long.

However, the movie might catch some people off guard as it's a far more realistic representation of a relationship than audiences are used to from the genre.

"A lot of romantic comedies are fairy tales which are fun to watch, but I real-

ly wanted to make a film that was more grounded," director Nanette Burstein told Metro.

She's an interesting choice to infuse the rom-com with realism as well, given that Burstein's previous experience has been in documentaries including the Oscar-nominated *On The Ropes* and *American Teen*.

"Ever since film school I've wanted to make non-fiction and fiction movies," revealed the director. "I've been reading a lot of different scripts from the studios

to direct and I really responded to this. I loved the tone, the honesty, the humour."

Going The Distance is about a seemingly ideal couple who live on opposite sides of America. Obviously that leads to misunderstandings and a variety of zany shenanigans involving phone sex and mistaken infidelity. But there's also a lot of anger, frustration, and emotion that grounds the film with some surprisingly harsh realities.

For Burstein, making the film as realistic as possible

was of vital importance and it even led to shooting scenes with her two stars in New York unannounced and without a crew as if it were a documentary.

"We were so stealth and had such small cameras that people didn't even realize that Drew and Justin were there. Most people just walked by, which was exciting for the actors."

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Spike Lee returns to New Orleans

Five years after he documented the horrors of Hurricane Katrina, Spike Lee returned to New Orleans with his new movie showing the city's agonizing efforts to return to normal.

The premiere this week included hours one and four of the HBO documentary, *If God Willing and Da Creek Don't Rise*.

"The first hour was very, very emotional," said Sharon Starks, 53, who said she had a purse full of tissues after seeing the first Lee film on the hurricane. "But the second hour I was just angry. It

"It's very painful to relive the storm, but I'm hopeful because of the progress we're making."

— ALTHEA PIERCE, 79

was about the BP oil spill and I just felt they came along and violated us on top of everything else."

Lee also produced *When the Levees Broke: A Requiem in Four Acts*, after Katrina struck in August 2005. That movie detailed the overwhelming losses and the pain and suffering the hurricane and the breaching of the levees caused.

"I have mixed feelings," said Althea Pierce, 79, who lost everything in the Aug. 29, 2005 storm, but has since rebuilt her house. "It's very painful to relive the storm, but I'm hopeful because of the progress we're making."

In the new movie, Lee returns five years later to see how plans to rebuild New Orleans have played out.

The city has seen many areas rebuilt since the storm. There are still areas of New Orleans that remain deserted, but the population, 450,000 before the hurricane, has grown to 380,000.

It airs on HBO Aug. 23 and 24.

THE ASSOCIATED PRESS

CHARLIE VARLEY/HBO/THE ASSOCIATED PRESS



► In this publicity image released by HBO, director Spike Lee is shown during the filming of his documentary, *If God is Willing and Da Creek Don't Rise*, in New Orleans.

Frasier star connects with '60s in Flipped

► John Mahoney played Kelsey Grammer's dad in hit TV series ► Actor preferred intuition to research while developing character for film



NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Best known for his role as ornery Martin Crane on the long-running *Frasier*, John Mahoney has been a staple of film, TV and theatre — he got his start at Chicago's Steppenwolf Theatre — for decades.

And though he celebrated his 70th birthday in June, Mahoney is still at it, with roles on *Burn Notice* and *In Treatment* and as wisdom-dispensing grandfather Chet Duncan in Rob Reiner's new coming-of-age film, *Flipped*. Mahoney sat down with Metro to talk about how an actor prepares, balancing stage and screen work and the appeal of the early '60s.

How did you go about developing your character for *Flipped*?

I looked for what his flaws would've been, and I tried to layer in there that he liked to give a little advice — and we all do, no matter what generation it is. You know, 'When I was a kid, when I was this, when I was that. We never did that,' or 'We knew how to behave.' But I just tried to make him as human as I



► John Mahoney stars with Madeline Carroll in *Flipped*.

could by layering in real or imagined self-aggrandizing more than anything else.

But that was about it. I couldn't put in any deep, dark secret past in there because I just don't think there was one. I didn't want to manufacture anything.

How much work do you do figuring out a character's backstory?

You know, all actors work in different ways, and a lot of people do a lot of research. I don't, to tell you the truth. I read the script

and I memorize the lines, and then I think a little bit about the character. But I like to act intuitively. I like to just see what happens. I like to see how a line is said to me before I determine how I'm going to reply to that line. So it's always new to me, whether it's stage or screen or television.

The book *Flipped* is based on isn't set in the 1960s, but the movie version is. Why do you think there's been so much fascination with that time period lately?

I don't know what it is. I think in the case of *Flipped*, the innocence of the period. It was just before so many cataclysmic things were happening — assassinations and invasions — I just think [director] Rob [Reiner] was looking for a beautiful time that he could explore innocence and decency before the world went crazy and before we became so technologically obsessed and everything else. I mean, it was such an innocent age when you look back on it.

"ONE TERRIFIC COMEDY. YOU WILL LOVE THIS MOVIE!"
Jason Bateman and Jennifer Aniston are great together."

Pete Hammond, BOXOFFICE MAGAZINE

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Movie review See it twice | See it now |
Worth watching | Yawn | Don't bother



Not much to turn on

The Switch

Genre: Comedy
Directors: Josh Gordon, Will Speck
Stars: Jennifer Aniston, Jason Bateman

Well, two months have gone by so it's time for another Jennifer Aniston movie! As you'd expect from anything starring the haircut from Friends, it's

pretty bland and inoffensive. Jen wants to have a baby, so she goes for artificial insemination. Jason Bateman plays her best friend and secret lover who switches in his semen after some booze. Years goes by and she returns with a kid who acts an awfully lot like the main character from Arrested Development. The movie plays out exactly as you'd expect. The only surprise is that Bateman makes his character work.

• PHIL BROWN



Nanny McPhee Returns

Genre: Family
Director: Susanna White
Stars: Emma Thompson

Emma Thompson returns to her favourite snaggle-toothed character once again in Nanny McPhee Returns — a sequel of sorts to the Oscar-winning star's 2005 hit feature. In this version, the frighteningly unibrowed nanny with magical powers helps a family trying to keep their struggling farm out of deadbeat Uncle Phil's (Rhys Ifans, excellent as usual).

• STEVE GOW

Lottery Ticket

Genre: Comedy
Director: Erik White
Stars: Ice Cube, Bow Wow

You have to hand it to Lottery Ticket — the film at least has a fairly decent premise. Even if it is slightly familiar. Kevin (rapper turned actor Bow Wow) is an honest kid just trying to get by in a bad neighbourhood. But when Kevin suddenly wins millions in the Friday lottery, he must survive to cash in the lucky ticket. • STEVE GOW

Mesrine: Killer Instinct

Genre: Action
Director: Jean-Francois Richet
Stars: Vincent Cassel

Vincent Cassel is a superstar in France whose status sadly never crossed the pond. Mesrine is a huge two-part crime epic made to capitalize on his fame and acting ability that delivers more thrills, kills, bloody spills, and disturbing drama than a dozen Hollywood crime movies. This first chapter chronicles real life criminal Jacques Mesrine's rise in the 1960s.

• PHIL BROWN

TAKE THE ADVENTURE OF A LIFETIME



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Salute to The Exorcist

SUBMITTED

► New Eli Roth film explores
demonic possession ► 'What we've
done here is make a great movie...'

CHRIS
ALEXANDER
FOR METRO CANADA

Though he's known primarily as the gorehound enfant terrible behind the controversial Hostel films, filmmaker Eli Roth is not an easy artist to pigeonhole.

Outside of writing and directing both the grisly Hostel — and its even more gruesome sequel — Roth has worked as an actor for his friend and collaborator Quentin Tarantino in both Death Proof and Inglourious Basterds, and now, Roth steps back to quietly pull the producers strings in director Daniel Stamm's hotly anticipated thriller The Last Exorcism.

"I always wanted to make a movie about demonic possession and exorcism," says Roth, in Toronto recently to promote the film.

"But how do you top The

Creepy Cinema

Hollywood has embraced the Devil. Here are a few notable classics:

- **The Omen (1976)**
Gregory Peck learns his son is actually the Antichrist
- **The Sentinel (1977)**
Underrated thriller about an NYC apartment building built over the gates of hell
- **Exorcist III (1990)**
Worthy sequel is flawed but contains many shocking moments
- **Drag Me to Hell (2009)**
Director Sam Raimi's horror freak out features demon action aplenty

Exorcist? That was the question and the answer is, you can't. But what you can do and what we've done here is make a great movie



► Shyster preacher Cotton Marcus (Patrick Fabian), tries to redeem himself by proving that demonic possession is a sham, but he gets more than he bargained for.

that acknowledges The Exorcist without imitating it.

Shot in first person style, the film stars veteran character actor Patrick Fabian (Big Love) as shyster preacher Cotton Marcus, who is trying to redeem himself by proving that de-

monic possession is a sham.

Linking up with a TV documentary crew, Marcus travels to the backwoods of nowhere to exorcise a young farm girl (Ashley Bell).

He gets more than he

bargained for.

"The beauty of shooting in first person, fake documentary format is that you can strip away the make-up effects," the producer admits.

"It's effective and further blurs the line between the

natural and the supernatural. There's a compelling clash between science and religion at play here and the audience is left guessing if the girl is possessed or is just mentally ill."

The Last Exorcism opens wide next Friday.

In Focus

**RICHARD
CROUSE**
SCENE@METRONEWS.CA



MOVIE NANNIES: MARY POPPINS THEY ARE NOT

Few and far between are the lot to be 'perfect in every way'

The most famous movie nanny is, naturally, Mary Poppins. Julie Andrews brought the "practically perfect in every way" caregiver to vivid life in the 1964 movie, indelibly imprinting on minds young and old the image of the gracious English nanny with special powers.

Good old Mary with her magic satchel and odd abil-

ity to say the word "super-califragilisticexpialidocious" backwards and forwards, is a pop culture icon, parodied on everything from Buffy the Vampire Slayer to Saturday Night Live.

She's even inspired other movies, like this weekend's Nanny McPhee Returns. McPhee (Emma Thompson) fits the enchanted babysitter mold, using her miraculous powers to teach pigs to do synchronized swimming and impose her will on her young charges.

She means well even if her teeth are a bit scary

and her methods unorthodox unlike some of the nightmare nannies listed below.

Crazysitters: Redubbed "Fetal Attraction" by one writer, the best known crazysitter movie is The Hand That Rocks the Cradle, a lurid story about a beautiful nanny with bad intentions. After that film Rebecca De Mornay became the poster girl for nutty nannies everywhere, but she is just one of many who have played crazy caregivers. In Addams Family Values nanny Joan Cusack is more interested in Uncle Fester's money than the welfare of the

kids and I think the name of the Beverly D'Angelo movie Crazysitter speaks for itself.

"I am here to protect thee": Like Mary Poppins and Nanny McPhee, who both mysteriously appeared when their families needed them most, The Omen's Mrs. Blaylock turned up at Damien Thorn's house just in time to replace the former nanny who met an untimely demise at the end of a rope. Like her colleagues this mother's little helper had the child's best interest in mind. Unlike Poppins and McPhee, she was a disciple of the Devil

sworn to protect Damien until he can take over the world.

Rock 'Em Sock 'Em Nannies: Heading the list of muscle-head nannies is wrestler Hulk Hogan who donned a pink tutu to play the lead in Mr. Nanny, a 1993 comedy co-starring Sherman Hemsley and former New York Dolls singer David Johansen.

A close second is Vin Diesel, the big bad bald guy best known as car thief Dominic in the Fast and Furious movies.

In The Pacifier he's an ex-Navy Seal on his toughest mission yet—looking after a gaggle of five kids.

WHO'S YOUR NANNY?

Emma Thompson

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A Modern Castle: The Rebirth of the Canadian Museum of Nature (STC) Fri-Thu 12:30-13:30 Sat 11:30-12:30 Sun 10:30-11:30 Mon 11:30-12:30 Tue 11:30-12:30 Wed 11:30-12:30 Thu 11:30-12:30

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Listings not available at press time.

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Despicable Me (PG) Fri-Thu 3:20-6:30-9
Dinner for Schmucks (14A) Fri Sun 1:30-7:15
Eat Pray Love (PG) Fri-Thu 12:30-3:50-7:10-10:20

The Expendables (18A) Fri-Thu 1:40-4:20-7:40-10:15

Inception (PG) Fri-Tue 12:20-3:40-7:10-10:10 Wed 12:20-3:40-10:10 Thu 12:20-3:40-7:10-10:10

Nanny McPhee Returns (STC) No Passes Fri-Thu 12:50-3:30-6:40-9:20

The Other Guys (14A) Fri-Sun 1:10-4:7-5:00-10:30 Mon 1:10-4:10-10:30 Tue-Thu 1:10-4:7-5:00-10:30

Piranha 3D (18A) Fri-Thu 12:45-3:10-5:30-8:00-10:25

Salt (PG) Fri-Sun 4:40-10:40-11:45-12:45-13:45-14:45-15:45-16:45-17:45-18:45-19:45-20:45-21:45-22:45-23:45-24:45-25:45-26:45-27:45-28:45-29:45-30:45-31:45-32:45-33:45-34:45-35:45-36:45-37:45-38:45-39:45-40:45-41:45-42:45-43:45-44:45-45:45-46:45-47:45-48:45-49:45-50:45-51:45-52:45-53:45-54:45-55:45-56:45-57:45-58:45-59:45-60:45-61:45-62:45-63:45-64:45-65:45-66:45-67:45-68:45-69:45-70:45-71:45-72:45-73:45-74:45-75:45-76:45-77:45-78:45-79:45-80:45-81:45-82:45-83:45-84:45-85:45-86:45-87:45-88:45-89:45-90:45-91:45-92:45-93:45-94:45-95:45-96:45-97:45-98:45-99:45-100:45-101:45-102:45-103:45-104:45-105:45-106:45-107:45-108:45-109:45-110:45-111:45-112:45-113:45-114:45-115:45-116:45-117:45-118:45-119:45-120:45-121:45-122:45-123:45-124:45-125:45-126:45-127:45-128:45-129:45-130:45-131:45-132:45-133:45-134:45-135:45-136:45-137:45-138:45-139:45-140:45-141:45-142:45-143:45-144:45-145:45-146:45-147:45-148:45-149:45-150:45-151:45-152:45-153:45-154:45-155:45-156:45-157:45-158:45-159:45-160:45-161:45-162:45-163:45-164:45-165:45-166:45-167:45-168:45-169:45-170:45-171:45-172:45-173:45-174:45-175:45-176:45-177:45-178:45-179:45-180:45-181:45-182:45-183:45-184:45-185:45-186:45-187:45-188:45-189:45-190:45-191:45-192:45-193:45-194:45-195:45-196:45-197:45-198:45-199:45-200:45-201:45-202:45-203:45-204:45-205:45-206:45-207:45-208:45-209:45-210:45-211:45-212:45-213:45-214:45-215:45-216:45-217:45-218:45-219:45-220:45-221:45-222:45-223:45-224:45-225:45-226:45-227:45-228:45-229:45-230:45-231:45-232:45-233:45-234:45-235:45-236:45-237:45-238:45-239:45-240:45-241:45-242:45-243:45-244:45-245:45-246:45-247:45-248:45-249:45-250:45-251:45-252:45-253:45-254:45-255:45-256:45-257:45-258:45-259:45-260:45-261:45-262:45-263:45-264:45-265:45-266:45-267:45-268:45-269:45-270:45-271:45-272:45-273:45-274:45-275:45-276:45-277:45-278:45-279:45-280:45-281:45-282:45-283:45-284:45-285:45-286:45-287:45-288:45-289:45-290:45-291:45-292:45-293:45-294:45-295:45-296:45-297:45-298:45-299:45-300:45-301:45-302:45-303:45-304:45-305:45-306:45-307:45-308:45-309:45-310:45-311:45-312:45-313:45-314:45-315:45-316:45-317:45-318:45-319:45-320:45-321:45-322:45-323:45-324:45-325:45-326:45-327:45-328:45-329:45-330:45-331:45-332:45-333:45-334:45-335:45-336:45-337:45-338:45-339:45-340:45-341:45-342:45-343:45-344:45-345:45-346:45-347:45-348:45-349:45-350:45-351:45-352:45-353:45-354:45-355:45-356:45-357:45-358:45-359:45-360:45-361:45-362:45-363:45-364:45-365:45-366:45-367:45-368:45-369:45-370:45-371:45-372:45-373:45-374:45-375:45-376:45-377:45-378:45-379:45-380:45-381:45-382:45-383:45-384:45-385:45-386:45-387:45-388:45-389:45-390:45-391:45-392:45-393:45-394:45-395:45-396:45-397:45-398:45-399:45-400:45-401:45-402:45-403:45-404:45-405:45-406:45-407:45-408:45-409:45-410:45-411:45-412:45-413:45-414:45-415:45-416:45-417:45-418:45-419:45-420:45-421:45-422:45-423:45-424:45-425:45-426:45-427:45-428:45-429:45-430:45-431:45-432:45-433:45-434:45-435:45-436:45-437:45-438:45-439:45-440:45-441:45-442:45-443:45-444:45-445:45-446:45-447:45-448:45-449:45-450:45-451:45-452:45-453:45-454:45-455:45-456:45-457:45-458:45-459:45-460:45-461:45-462:45-463:45-464:45-465:45-466:45-467:45-468:45-469:45-470:45-471:45-472:45-473:45-474:45-475:45-476:45-477:45-478:45-479:45-480:45-481:45-482:45-483:45-484:45-485:45-486:45-487:45-488:45-489:45-490:45-491:45-492:45-493:45-494:45-495:45-496:45-497:45-498:45-499:45-500:45-501:45-502:45-503:45-504:45-505:45-506:45-507:45-508:45-509:45-510:45-511:45-512:45-513:45-514:45-515:45-516:45-517:45-518:45-519:45-520:45-521:45-522:45-523:45-524:45-525:45-526:45-527:45-528:45-529:45-530:45-531:45-532:45-533:45-534:45-535:45-536:45-537:45-538:45-539:45-540:45-541:45-542:45-543:45-544:45-545:45-546:45-547:45-548:45-549:45-550:45-551:45-552:45-553:45-554:45-555:45-556:45-557:45-558:45-559:45-560:45-561:45-562:45-563:45-564:45-565:45-566:45-567:45-568:45-569:45-570:45-571:45-572:45-573:45-574:45-575:45-576:45-577:45-578:45-579:45-580:45-581:45-582:45-583:45-584:45-585:45-586:45-587:45-588:45-589:45-590:45-591:45-592:45-593:45-594:45-595:45-596:45-597:45-598:45-599:45-600:45-601:45-602:45-603:45-604:45-605:45-606:45-607:45-608:45-609:45-610:45-611:45-612:45-613:45-614:45-615:45-616:45-617:45-618:45-619:45-620:45-621:45-622:45-623:45-624:45-625:45-626:45-627:45-628:45-629:45-630:45-631:45-632:45-633:45-634:45-635:45-636:45-637:45-638:45-639:45-640:45-641:45-642:45-643:45-644:45-645:45-646:45-647:45-648:45-649:45-650:45-651:45-652:45-653:45-654:45-655:45-656:45-657:45-658:45-659:45-660:45-661:45-662:45-663:45-664:45-665:45-666:45-667:45-668:45-669:45-670:45-671:45-672:45-673:45-674:45-675:45-676:45-677:45-678:45-679:45-680:45-681:45-682:45-683:45-684:45-685:45-686:45-687:45-688:45-689:45-690:45-691:45-692:45-693:45-694:45-695:45-696:45-697:45-698:45-699:45-700:45-701:45-702:45-703:45-704:45-705:45-706:45-707:45-708:45-709:45-710:45-711:45-712:45-713:45-714:45-715:45-716:45-717:45-718:45-719:45-720:45-721:45-722:45-723:45-724:45-725:45-726:45-727:45-728:45-729:45-730:45-731:45-732:45-733:45-734:45-735:45-736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Mix of Six

Ottawa Reggae Festival

Thousands of music fans are expected to descend on Lebreton Flats for arguably the biggest reggae festival in eastern Canada.

The festival promotes cultural arts and diversity in Canada's National Capital Region showcasing international artists while maintaining 75 per cent Canadian content.

Headliners include Biggie Irie, Sean Paul Kymani Marley, Brringo Levy and Tarrus Riley.

All weekend, Lebreton Flats

Sports

Wreck MMA presents Bad Intentions- Fighters Helping Others Fight Hunger

The mixed martial arts event features stand-up fighter Markhaille 'Showtime' Wedderburn making his Wreck debut against Drummondville, striker Martin 'The Hammer' Grandmont. The main event of the night sees Stephane Bernadel from the Ottawa Academy of Marital Arts, take on Jon 'Judo' Williams.

Wreck MMA will be collecting non-perishable food items at the event in support of the Ottawa Food Bank.

Friday, 8 p.m. Hilton Lac Leamy

Fireworks

Casino du Lac-Leamy Sound of Light

The grand finale of the international fireworks show features a five minute performance from each of the four

teams entered in the competition.

That performance is worth one quarter of their final score, so the winner will be decided that night.

Saturday, 9:30 p.m. Lac Leamy, Gatineau.

Culture

Ottawa Greek Festival The festival opens at noon each day for lunch and closes with the fire and plate smashing antics of the Zorba Show.

All weekend, The Hellenic Cultural Centre at 1315 Prince of Wales Drive

Music

Blue Rodeo

Blue Rodeo returns to Ottawa for its most intimate engagement ever. Concert tickets include admission to the \$75,000 Angelstone Productions Grand Prix Show Jumping tournament earlier that day with the concert starting when the jumping stops.

Saturday, 9 p.m., Nepean Equestrian Park

Beer

Savouring Sunday Discover the sweetest aspect of pioneer life — food! Every Sunday, visitors can learn food preparation skills from a time gone by, and how to apply them to modern cooking. On Sunday discover how the old boys did it with a lesson in heritage brewing and beer making.

Sunday, noon, Billings Estate National Historic Site at 2100 Cabot St.

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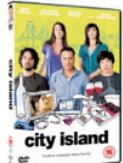
7th heaven

Rolling Stone**Magazine**

The music magazines gets soaked in blood for its newest edition, with a cover featuring True Blood's Alexander Skarsgård, Anna Paquin and Stephen Moyer. The TV threesome are naked, except for a few blood spray patterns. The article inside reportedly offers True Blood creator Alan Ball's thoughts about vampire sexuality.

City Island**DVD**

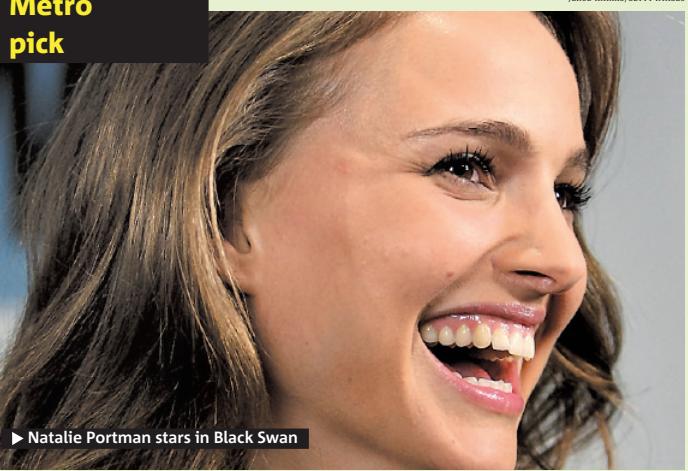
Andy Garcia's crowd pleasing City Island comes to DVD and Blu-Ray on Tuesday.



Set in a quaint fishing community on the outskirts of New York City, the movie stars Julianne Margulies, Academy Award-winner Alan Arkin, and Emily Mortimer.

Big Pony**Beauty**

What kind of passion do you represent: Sport, seduction, adventure, or maybe style? Ralph Lauren now has a scent for you, with its new line of fragrances to appeal to a younger, 20- or 30-

Metro pick

► Natalie Portman stars in *Black Swan*

Black Swan trailer now online**Movies**

It won't be in theatres un-

til later this year, but the trailer for director Darren Aronofsky's new film, *Black Swan*, is now on YouTube. The film about a ballerina has a little bit of everything: dance, sex,

and even demons. This is Aronofsky's follow-up to *The Wrestler* and it stars *That '70s Show's* Mila Kunis and Academy Award nominee Natalie Portman.

• METRO

something generation. The bottles are numbered and come in bold primary colours.

bigponyfragrances.com

**Wake Up or Die Poor****Books**

Unsure what to do with your finances? Author Christina Quinn offers up some advice on how to get your disposable income

working for you in her new book. She wants you to think of yourself as a business, with rules designed to make sound financial and purchasing decisions.

wakeupordiepoor.com

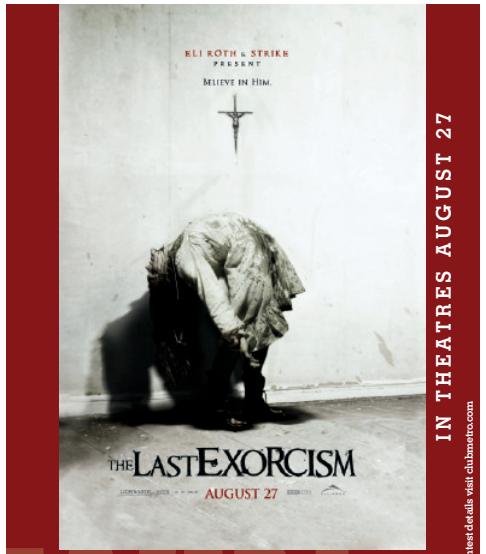
Man of Steel**Comics**

Fans of the *Man of Steel* will want to pick up this guide to everything, well, super. This A-to-Z look at everything from Abdul (a genie who emerges from a lamp found by Jimmy Olson) to Zynthia (a character in the Superboy comics) is essential reading and of-

fers interesting insight into characters and storylines.

Telephone, the Office Version**Pop Culture**

Lady Gaga's popular song got a nine-to-five makeover with an office-based parody. Instead of Gaga being led to a prison cell, a look-a-like is escorted to a cubicle, where she is forced to work. The lyrics has also received a makeover: "Just a week / vacation and I know where I would be / Party in New Delhi / With our outsourced I.T." • METRO



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IN THEATRES AUGUST 27

BRUTALLY HONEST LOOK AT ROCK STAR BURNOUT

Steven Adler, the original drummer for Guns N' Roses, has a pretty solid handshake for The Most Self-Destructive Guy in Rock. One stroke, two heart attacks, three suicide attempts, several trips to jail and twenty-eight overdoses on everything from heroin on down.

He was so messed up that even by the standards of the depravity set by Guns N' Roses in their heyday, he was too much for the rest of the band. He was fired for drinking too much and taking too many drugs. Even Slash, a guy he had known since childhood (and a fellow junkie), refused to stand by him anymore. From there, his life became worse than you can imagine. For 20 years.

So what do you do if you survive all this? You write a book, of course.

"There's been a lot of

stuff said and I want to set the record straight," he says, speaking with a slight slur in his voice, perhaps resulting from the stroke, "but for me, it's very mentally and physically and spiritually healing for me. I couldn't continue with my life. I couldn't move on. I couldn't move ahead with my career, my family, if I didn't say these things. I wear my heart on my sleeves with this book."

He does. *My Appetite for Destruction* is brutally honest. Adler recounts everything from the sexual abuse he suffered as a child through to all the weirdness and sickness that was part of everyday life as a member of GNR. It also covers all kinds of Gunners' history that even some of the most hardcore fans may not know about.

It was only after he finally got sick of "coming to every morning and then doing drugs," he sought the help of Dr. Drew Pinsky

Sound Check

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(the Celebrity Rehab guy) that he was able to reverse this death spiral.

"You think everything's party. It wasn't such a party. Being sick, having to go on stage throwing up blood, hospitals — that's what happened. I partied harder than any of them and it affected me differently. (Then) for twenty years I was blaming Slash, Axl, Duff and Izzy for letting me down. I let me down."



► *Cowboy's Back In Town* is the new album from Trace Adkins

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ROB HILL/GETTY IMAGES

Adkins a country Show Dog

► Country singer partners with Toby Keith to release energetic new album *Cowboy's Back In Town*

Trace Adkins was pondering a move to good friend Toby Keith's record label when Adkins heard the words every singer wants to hear.

Adkins offered to would fly to Keith's house in Oklahoma to play him what was to become *Cowboy's Back In Town*, when Keith told him, "I don't need to hear what you do."

"Right there he basically said, 'I know who you are. I know what you do. You don't need to change anything for me,'" Adkins recalled.

Adkins signed on as

Show Dog-Universal Music's first new recruit and eight months later, the big man's latest album is the label's first major release. *Cowboy's Back in Town*, released this week, is a mostly lighthearted romp that includes just one ballad. The man with one of country's most distinctive voices said he was aiming for the same kind of energy generated by his live shows.

In a way, the album represents Adkins' response to the new digital era when record sales are more a means to an end

than the ultimate goal. Few artists can expect to sell millions of records these days, so Adkins said his goal with the new set was to draw fans to his live shows.

On this, Adkins and Keith are in lockstep. That made it easier for the 48-year-old Adkins to leave the safe haven of Capitol Nashville, the label he had been with since he cut his first album in 1996.

"I think the thing that makes it most comfortable for me is the fact that Toby doesn't look at the record label as a revenue genera-

"He's one of the coolest, biggest ... guys in entertainment. He just has this huge presence."

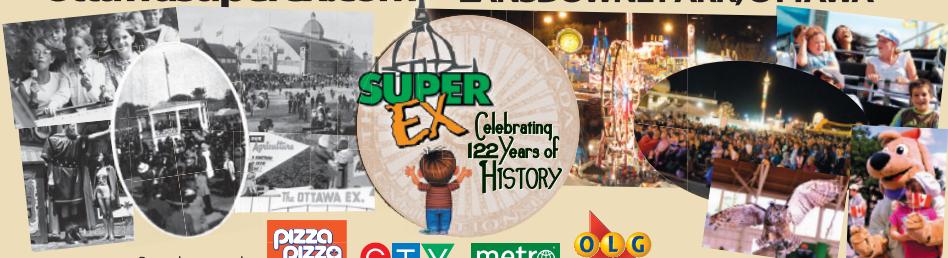
BLACK SHELTON

tor," Adkins said. "He looks at the label as a marketing-advertising tool that we need to get our music out there so we can sell tickets to shows, which is completely 180 degrees from the other record label heads in the business."

THE ASSOCIATED PRESS

Photos courtesy of the City of Ottawa Archives

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Montag's surgeon killed in car crash

Police suspect texting or tweeting may have been the cause of the accident that killed Dr. Frank Ryan

Police are investigating the accident that killed celebrity plastic surgeon Dr. Frank Ryan, including whether texting or tweeting may have played a role.

"We haven't confirmed anything regarding the cause of the collision," California Highway Patrol officer Steve Reid said Wednesday, adding that detectives are "looking into several factors, including texting and Twittering that may have played a role in the accident."

Ryan's last post on Twitter was at 4:10 p.m. PDT Monday.

It included a photo of his dog looking out at the ocean with the caption, "Border collie jill surveying the view from atop the

sand dune."

Ryan had posted earlier that he hiked to the top of a sand dune near Pacific Coast Highway in Malibu.

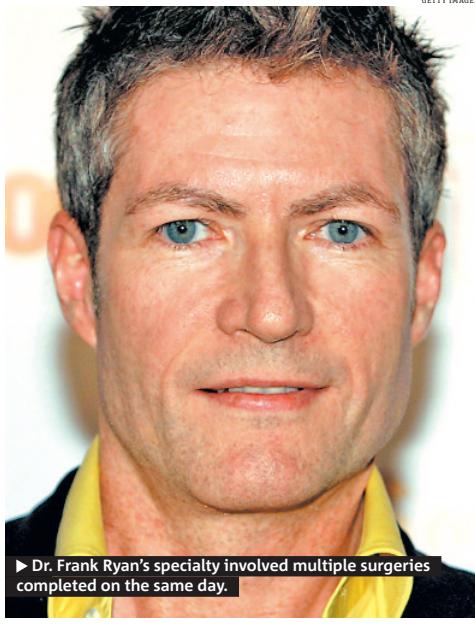
Police say the doctor's 1995 Jeep Wrangler went off the side of Pacific Coast Highway near Malibu and landed on its roof Monday afternoon.

The crash was first reported at 4:34 p.m. by a motorist who witnessed the accident, Reid said.

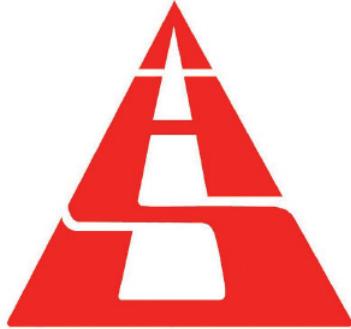
A spokesman for Twitter says the time stamps on tweets reflect the time zone in which the account was created.

The dog was seriously injured in the crash and taken to an animal hospital, police said.

THE ASSOCIATED PRESS



► Dr. Frank Ryan's specialty involved multiple surgeries completed on the same day.



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What's The Best Tooth Brushing Technique?

We've all heard that brushing properly is essential for cleaning our teeth and gums effectively. But what procedure, when you get right down to it, do we use? Maintaining a 45-degree angle with the bristles know what proper brushing *really* means? Since we're actually setting out to remove the plaque bacteria from the surfaces of our teeth, (something that grows constantly), brushing up on our skills is important.

Then, move the brush to the next

group of 2-3 teeth and repeat the procedure. Maintaining a 45-degree angle with the bristles

contacting the tooth surface and gum line, gently brush using an up and down "rolling" motion along all

of the inner tooth surfaces and gum line.

Then, tilt the brush vertically

behind the front teeth. Make several up and down strokes using the front half of the brush. Place the brush against the biting surfaces of the teeth and use a gentle back and forth scrubbing motion. Be sure to pay special attention to those hard-to-reach back teeth and areas where dental work has been done.

Gently brushing your tongue will remove bacteria and help freshen your breath.

Unfortunately, most people spend less than a minute brushing their teeth.

Since many dentists generally recommend brushing

gently for 3 to 4 minutes, brushing

with the radio on might help since

that's the length of an average song.

Make sure you're doing a thorough

job. Brush the full 3 to 4 minutes

twice a day, and next time you visit

our office check with the hygienist

to make sure you're brushing

properly, because tooth positions

and gum conditions can vary from

person to person.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.



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Shepherd does double duty on daytime TV

► The actress-comedian signs on to host *The Newlywed Game*, while keeping her *View*

► She'll also continue to play her recurring role on NBC's *30 Rock*

Sherri Shepherd is going to be on view even more starting this fall.

Shepherd, co-host of the daytime talk show *The View*, will join *The Newlywed Game* as host when it begins its fourth season on the GSN channel in November.

"Who does not love *The Newlywed Game*?" Shepherd said Wednesday.

"I've been a fan since I was young, when my grandma would have soap operas on one TV and *Newlywed Game* on another."

The GSN show, which was hosted by Carnie Wilson, will tape 65 episodes with Shepherd beginning in September.

The season starts Nov. 1, with the show airing 6 p.m. EST Monday through Friday.

Production on *The Newlywed Game* is moving from Los Angeles to New York, where Shepherd tapes ABC's *The View*.

She said she doesn't foresee any problem balancing work on the two daily shows and sees *The Newlywed Game* as providing a welcome change.

"I get to have fun. I'm not going to be arguing with anybody about whether we should pull the troops out of Afghanistan," Shepherd said.

The actress-comedian is also completing work on *One for the Money*, a film starring Katherine Heigl and based on the Janet Evanovich novel, and will be back on NBC's *30 Rock* in the recurring role of feisty Angie Jordan, wife of TV star Tracy Jordan (Tracy Morgan).

"I love to work. If I'm not working, I'm going to get pregnant," joked Shepherd, who has a 5-year-old son.

The *Newlywed Game*, based on the game show that debuted in the 1960s with host Bob Eubanks, gives three couples the chance to win prizes by showing how much each knows about their new spouse.

Shepherd's advice for the contestants?

"I'm gonna tell the women you better make those men feel like they're on top of the world" whether they have the right answers or not, she said. "Otherwise, you're gonna be dealing with a pouting man."

A celebrity edition of the show last season featured its first gay couple when George Takei, who played Mr. Sulu on *Star Trek*, appeared with his partner, Brad Altman. The couple wed in California in 2008 when same-sex marriage, now back in the courts, was legal.

THE ASSOCIATED PRESS



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► Sherri Shepherd will host next season's *The Newlywed Game*, which will air on the GSN channel in November.



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Get the look of the Good Wife in your home

► Set decorator of hit television series helps viewers buy items in episodes ► Kushnick shares tips on how she brings sets in under budget

Ever watch a TV show, admire a certain sofa, rug or kitchen appliance and thought, "Hey, that would look right at home in my house!"

If you're watching The Good Wife, show set decorator Beth Kushnick would like to help you track some of those things down.

The Good Wife stars Julianna Margulies as Alicia Florrick, a Chicago defender. She re-enters the work force to provide for her two children after her state's attorney husband Peter (played by Chris Noth) is incarcerated following a very public sex scandal.

The legal drama, partially inspired by the Eliot Spitzer prostitution affair, airs Tuesday nights on Global in Canada. It quickly emerged as a critical and ratings hit and returns for a second season Sept. 28.

The cast and crew are already back at work and so is Kushnick, who often only has a matter of days to design and supervise construction of an entire set. As on most TV dramas, three or four sets are used every week and are thus "standing" sets, including the massive courthouse and Alicia's spacious Chicago apartment.

Kushnick, a native New Yorker, gave a walking

tour of the set to a small group of TV reporters earlier this week. The Good Wife is shot at CBS's Broadway Stages production facility, a converted industrial machine shop where the new Tom Selleck cop drama Blue Bloods is also shot.

The downturn in the U.S. economy has hit the TV industry and forced designers like Kushnick to be extra resourceful.

Working on a hit show helps. Suppliers are only too happy to have their wares featured on a network series viewed by millions each week. Kushnick says Alicia also has to be resourceful even though she earns big bucks as a Chicago lawyer.

She's rebuilding her life, and that is reflected in the way her home is furnished and also in the clothes she wears as chosen by Emmy-nominated fashion designer Daniel Lawson. Lawson says that 85 per cent of the clothes worn on The Good Wife are current season.

"You can run right out and buy it," he says.

Many of the goodies in Alicia's home come straight from regular department stores. "Fans consider this a very aspirational show," says Kushnick. **THE CANADIAN PRESS**

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Organized by Tate Modern, London, in association with the National Gallery of Canada. Andy Warhol, Mick Jagger, 1975. Private collection. © The Andy Warhol Foundation for the Visual Arts, Inc. All rights reserved. S081942 (2010). Photo: © Tate Photography



Celebrities stand up to cancer

Lance Armstrong, Robin Roberts and Michael C. Hall are among the celebrities affected by cancer who will take part in a television fundraiser next month.

Stand Up to Cancer announced Thursday appearances by other actors, athletes and musicians who have faced the disease, including Maura Tierney, Christina Applegate and Kareem Abdul-Jabbar.

Elizabeth Edwards, who kicked off the first Stand Up to Cancer telethon in 2008 with Armstrong, is taking part again.

One of the night's musical performances will be led by Stevie Wonder and include Natasha Bedingfield, Queen Latifah, Martina McBride, Aaron Neville and Dave Stewart.

Stand Up to Cancer will air commercial-free Sept. 10 (8 p.m. to 9 p.m. EDT) on the four major broadcast networks (ABC, CBS, Fox and NBC), as well as on a number of cable channels. News anchors Katie Couric, Diane Sawyer and Brian Williams are the hosts.

Others set to appear include Reese Witherspoon, Mandy Moore, Apolo Anton Ohno and Jim Parsons.

Film and TV producer Laura Ziskin (of the Spider-Man franchise), a cancer survivor who produced the first telecast, has taken on the job again.

"On Sept. 10, we'll send a resounding message: We

can cure cancer," Ziskin said.

The 2008 event helped deliver more than \$100 million for research.

"We're going to cure cancer. It's going to take guts, brains and the ongoing support of the public, but we can do this."

LAURA ZISKIN, FILM/TV PRODUCER

The American Association for Cancer Research, the scientific partner of Stand Up to Cancer, administers grants and provides scientific oversight in partnership with a Stand Up to Cancer advisory committee.

Stand Up to Cancer is a program of the Entertainment Industry Foundation, a non-profit TV and film industry group that supports programs addressing health, education and social issues.

Telethon viewers will be asked to make donations by phone or on the Stand Up to Cancer website. All public donations go to cancer research, the group said.

Besides the broadcast networks, Bio, Discovery Health, E!, G4, HBO, HBO Latino, MLB Network, mun2, Showtime, Smithsonian Channel, The Style Network, TV One and VH1 also will simulcast the event.

THE ASSOCIATED PRESS

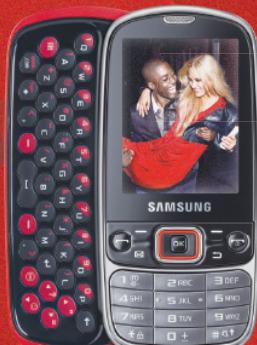
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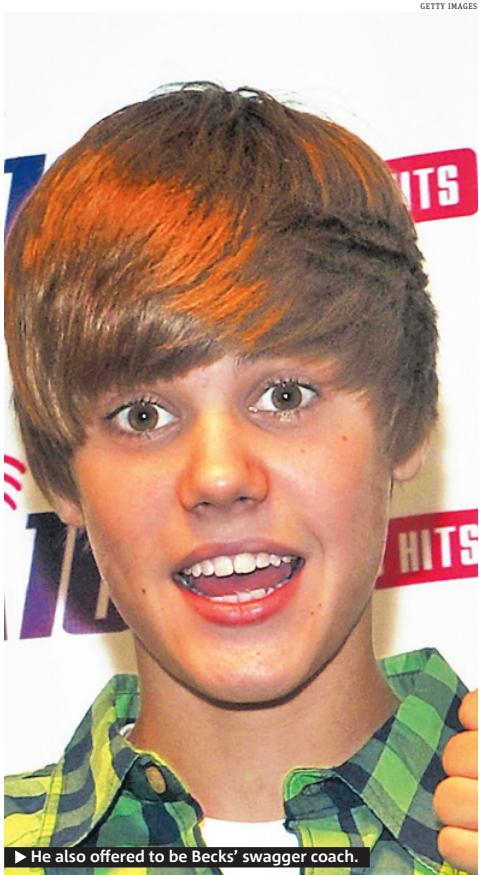
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Biebs wants to make a deal with Beckham

► Pop star willing to put on a private show for the soccer star's kids in exchange for dribbling lessons.



GETTY IMAGES

Teen pop sensation Justin Bieber knows how to negotiate. He's learned that David Beckham's three sons are

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huge fans of his music, so Bieber is

looking to use that to his advantage. "I am sure he would do anything to make his three boys happy, and if I am their favorite artist I would

hour afterwards and he teaches me all those crazy things he can do with a soccer ball."

► METRO WORLD NEWS

her dad, Michael Lohan, thinks that's a great idea. "UCLA's program does not offer the treatment Lindsay needed or needs," he tells the website. "Yes,

Lindsay should get out of UCLA, but she needs to go into a program and get family therapy to resolve the issues that caused her problems." ■ METRO WORLD

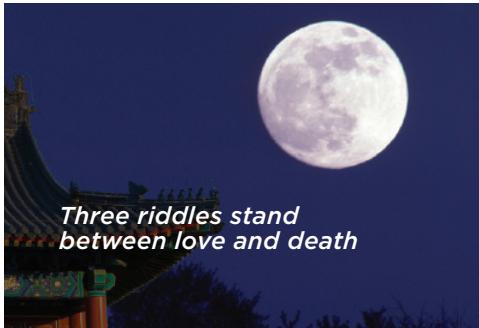


Lohan lawyer lobbies for an early rehab release date

Lindsay Lohan's lawyer, Shawn Holley Chapman, met this week with the new judge in her client's case to lobby for an early release from rehab, and

her dad, Michael Lohan, thinks that's a great idea. "UCLA's program does not offer the treatment Lindsay needed or needs," he tells the website. "Yes,

Lindsay should get out of UCLA, but she needs to go into a program and get family therapy to resolve the issues that caused her problems." ■ METRO WORLD



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Talking points

The high price of vanity

HEH. Jennifer Aniston and Liv Tyler are topping a list of celebrities done wrong by Beverly Hills salon owner Gabriella Perez, who is accused of ripping off her clients' credit card information and "fraudulently [charging] approximately \$280,000 worth of charges in a one year period," according to an affidavit obtained by TMZ.

Celebrity tweets



Milla Jovovich
[@MillaJovovich]

This is hilarious! I've got 2 ppl putting a wig on me, 1 girl doing the nails on my left hand and I'm typing w my right! I shld go! Lol!



Matthew Perry
[@langfordperry]

Recommendation for you gamers out there... alpha protocol on xbox. Closest thing to fallout 3 I have found. And that is high praise indeed.



Christina Applegate
[@1Cappllegate]

Got really excited to organize my closet, woke up 2 hours later face planted on the couch...how does this happen?



Neil Patrick Harris
[@ActualLynPH]

Rumor Watch 2010: I'm absolutely not leaving LA or the business. Errant reporting, Popeater. Total bunk. Oh, and good morning everyone!

Hermione's hand-me-downs

DESIGNING WITCHES. Harry Potter star Emma Watson is moving into fashion design, having helped create the 2011 line for British fair-trade clothing line People Tree, according to People magazine. And she's getting a high-profile launch for her work as well, as the line will debut at an eco event next month hosted by Prince Charles.

■ METRO WORLD NEWS



Ricky tells all

ME, ME, ME. Ricky Martin has picked an appropriate title for his autobiography: Me.

The Puerto Rican singer is set to release his memoir on Nov. 2. It will also be released in Spanish the same day. That edition will be titled Yo, which is Spanish for I and me.

Martin has said that preparing to write the book was one of the reasons he decided to reveal earlier this year that he is gay. Martin said Thursday that the project was not easy but allowed for an "incredible spiritual journey." ■ THE ASSOCIATED PRESS

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BAM! It's Lagasse's flavourful burger

You have to work hard to create a burger that lives up to the catchphrase "Bam!"

And Emeril Lagasse has done just that, offering AP's 20 Burgers of Summer series a seriously over-the-top 250-gram (1/2-pound) burger of prime ground chuck topped with a round of fried fresh mozzarella cheese and drizzled with chipotle, tomato and lime aioli.

"I wanted a balance of texture and flavour in achieving one of the ultimate comfort foods," Lagasse said in an email interview. "I loved the idea of combining a rich fried cheese with prime chuck and the spicy aioli."

Chipotle, Tomato and Lime Aioli

Start to finish: 5 minutes
In a blender, combine all ingredients and purée until smooth. Store in an airtight container and refrigerate for up to five days:

MAKES 125 ML (1/2 CUP).

Fried Mozzarella Rounds

Start to finish: 30 minutes (10 minutes active)

In a wide, shallow bowl, place flour. In a second wide, shallow bowl, whisk together eggs and milk. Place panko in a third wide, shallow bowl.

One at a time, dredge each slice of cheese through flour, shaking off excess, then dip into egg mixture, coating thoroughly. Place slices in panko and

coat evenly on both sides. Pass each slice through egg mixture a second time, then again through panko.

Line a sheet pan with parchment paper. Arrange cheese slices on it, then place in the freezer for 20 minutes.

In a medium sauté pan over medium-high, heat oil. Add breaded cheese slices, in batches if necessary, and fry each for about 2 1/2 minutes on the first side, then 1 1/2 minutes on the second side. Move cheese slices to a paper towel-lined plate to drain. **MAKES 4 SLICES.**

Bam Burger With Chipotle, Tomato and Lime Aioli

In a large bowl, season meat with salt and pepper. Gently form into four 250-g

(8-oz) patties, being careful not to overwork meat. Cover patties and refrigerate until chilled, about 1 hour.

Heat a grill to medium. Lightly oil grates.

Grill patties for 8 minutes, then flip them and grill for another 7 to 8 minutes for medium-rare to medium or until burgers are cooked to desired done-ness.

Place a burger on the bottom of each of the four toasted buns, place a tomato slice on top of the burger, then a slice of fried mozzarella and 50 ml (1/4 cup) of the arugula. Dress the top bun with 15 ml (1 tbsp) of the aioli and place the bun on top.

MAKES 4 SERVINGS.

THE ASSOCIATED PRESS

Ingredients :

Aioli:

- 125 ml (1/2 cup) mayonnaise
- 1 canned chipotle pepper with adobe sauce, seeds removed
- Juice of 1 lime
- 15 ml (1 tbsp) tomato paste
- 15 ml (1 tbsp) minced basil
- 10 ml (2 tsp) chopped garlic
- 1 ml (1/4 tsp) salt

Fried Mozzarella Rounds:

- 50 ml (1/4 cup) all-purpose flour
- 4 large eggs
- 50 ml (1/4 cup) whole milk
- 500 ml (2 cups) panko breadcrumbs
- 250-g (1/2-lb) ball fresh mozzarella, cut into four 5-mm (1/4-inch) slices
- 250 ml (1 cup) olive oil

Bam Burger:

- 1 kg (2 lb) prime ground chuck
- 2 ml (1/4 tsp) salt
- 2 ml (1/4 tsp) ground black pepper
- 4 onion poppy rolls or large sesame-seed hamburger rolls, lightly toasted
- 1 beefsteak tomato, cut into four 5-mm (1/4-inch) slices
- 250 ml (1 cup) packed arugula leaves

THE ASSOCIATED PRESS

Superfood

Yes we love them coated in crunchy toffee or peppered in salt at the movies (washed down with a super size coke) but U.S. researchers claim that Popcorn is actually good for you. Plain popcorn (minus toffee & Co) is packed full of the antioxidant polyphenol, known to have positive effects in helping to fight heart disease and cancer, according to the study.

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Low-income women at greater risk for diabetes than high-income women: Study

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4

sports

Quoted



"To judge him on what happened the other night in terms of being reckless I would say is very unfair."

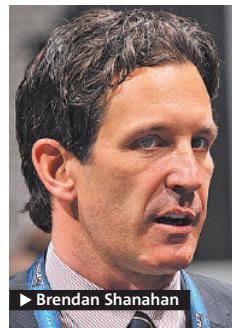
BRONCOS COACH JOSH McDANIELS, ON TIM TEBOW.
THE ROOKIE QB ABSORBED SOME VICTIOUS HITS IN HIS DEBUT SUNDAY AGAINST CINCINNATI.



Scan code for more sports

NHL camp wraps up with intrigue

BRUCE BENNETT/GETTY IMAGES



► Brendan Shanahan

Brendan Shanahan's goal with the NHL's research, development and orientation camp was to take a proactive approach to considering potential changes that could improve the game.

The league tested several modifications to its rules — some slight tinkering and some out of left field — during the two-day camp which wrapped up Thursday. The exercise gave league officials, team executives and players a chance

to see various ideas in action during live scrimmages. Shanahan, the NHL's vice-president of hockey and business affairs, thinks it was an important first step.

"I don't really feel like there's a finish line with this project," Shanahan said. "I think it's just a matter of collecting information that could come in handy tomorrow, or it could come in handy five or 10 years from now."

Long process

- Fans shouldn't expect to see changes to the game any time soon.
- The next scheduled GMs meeting is in November, and the competition committee and board of governors would need to approve any potential proposals.

On Thursday, no-touch icing was in effect, teams

switched ends for overtime (creating a so-called 'long change' with the bench being farther away) and there was a five-man shootout instead of the usual three.

One change that generated some buzz was the use of an off-ice referee positioned on an elevated platform beside the boards. The goal was to create more room on the ice and provide a better vantage point to spot infractions.

THE CANADIAN PRESS

Clemens charged with perjury

SUSAN WALSH/THE ASSOCIATED PRESS

Latest in steroid saga sees former Blue Jay indicted by grand jury

Seven-time Cy Young Award winner Roger Clemens was indicted by a federal grand jury Thursday for allegedly lying to Congress about using steroids and growth hormone.

The criminal case writes a new chapter in one of Major League Baseball's worst scandals, the rampant use of the banned substances.

A six-count indictment alleges that Clemens obstructed a congressional inquiry with 15 different statements that he made under oath in 2008, including denials that he had ever used steroids or human growth hormone. The indictment says that he lied and committed perjury regarding the same matters.

The former pitcher and his former trainer, Brian McNamee, testified under

"I never used steroids. Never performance-enhancing steroids."

ROGERS CLEMENS, SPEAKING UNDER OATH BEFORE THE COMMITTEE IN 2008.

oath at a 2008 hearing before a House committee and contradicted each other about whether Clemens had used performance-enhancing drugs.

McNamee has told federal agents, baseball investigator George Mitchell and the committee that he injected Clemens more than a dozen times with steroids and human growth hormone from 1998 to 2001.

Clemens has maintained that McNamee was lying, and said so under oath before the committee.

THE ASSOCIATED PRESS



► This Feb. 13, 2008 photo shows former pitcher Roger Clemens being sworn in on Capitol Hill, in Washington, prior to testifying before the House Oversight and Government Reform committee hearing on drug use in baseball.



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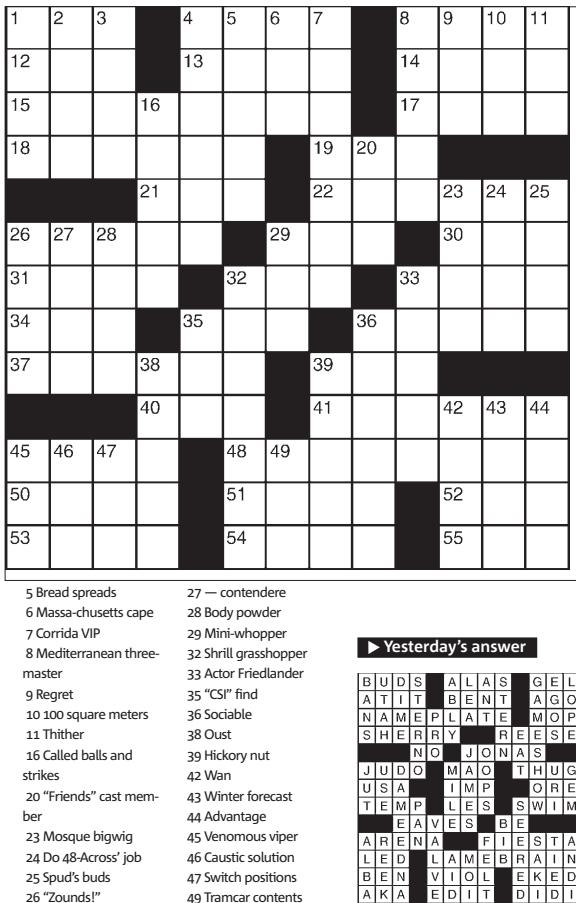
Crossword

Across

1 Actor Kilmer
4 Clay-rich soil
8 Picture of health?
12 Ostrich's cousin
13 Arm bone
14 100 cents
15 Paper
17 "Where have you —?"
18 With hands on hips
19 Expert
21 It may be faux
22 Tame
26 Go in
29 Megan or Michael J.
30 Has permission
31 Incite
32 White wine aperitif
33 Nephrite
34 Every iota
35 Slight touch
36 Exhaust pipe output
37 Museum tour guide
39 Spacecraft compartment
40 Comic Leno
41 Pass by
45 Lotion additive
48 Long-shoreman
50 Harmony
51 Levin and Gershwin
52 Journal
53 Nuisance
54 Say it isn't so
55 Ram's mate

Down

1 Sacred Hindu text
2 Uncontrollable
3 1960s White House daughter
4 Of the lower back



5 Bread spreads
6 Massa-chussets cape
7 Corrida VIP
8 Mediterranean three-master
9 Regret
10 100 square meters
11 Thither
16 Called balls and strikes
20 "Friends" cast member
23 Mosque bigwig
24 Do 48-Across' job
25 Spud's buds
26 "Zounds!"
27 — contendere
28 Body powder
29 Mini-whopper
32 Shrill grasshopper
33 Actor Friedlander
35 "CS!" find
36 Sociable
38 Oust
39 Hickory nut
42 Wan
43 Winter forecast
44 Advantage
45 Venomous viper
46 Caustic solution
47 Switch positions
48 49
50 51
53 54
55

Today's horoscope

Aries March 21-April 20 Your head is telling you one thing and your heart is telling you another and you know there can only be one winner. With Mars, your ruler, close to love planet Venus today feelings will count more than thoughts.

Taurus April 21-May 21 No matter how much work you have on your plate you will get through it in record time today. Everything will go according to plan.

Gemini May 22-June 21 If you are looking for love you will find it over the next 24 hours. Someone who is your perfect match in every way will come into your life and before you know it you will be an item. A match made in Heaven!

Cancer June 22-July 22 The atmosphere on the home front will be excellent today, not least because you are full of life and laughter and love and your attitude rubs off on other people.

Leo July 23-Aug. 23 Forget about your worries. Forget about your chores. The only thing you should be thinking about today is having fun. Make the most of the Sun in your sign to shine brighter than ever before — and that's pretty bright.

Virgo Aug. 24-Sept. 22 There may be unexpected bills to pay over the next 24 hours but don't let it worry you because you'll find the cash somewhere.

For today's crossword answers and for expanded horoscopes, go to metronews.ca



Libra Sept. 23-Oct. 23 Venus, your ruler, allied to Mars in your sign endows you with the kind of energy and spirit of enterprise that you wish you could hold on to every day of the year.

Scorpio Oct. 24-Nov. 22 Something good is about to come into your life, something that has the potential to make your existence more enjoyable and rewarding.

Sagittarius Nov. 23-Dec. 21 One of the best aspects of the year takes place today in the area of your chart that governs friendships and group activities. Don't hide yourself away at home or in the office — get out into the world where you can be seen.

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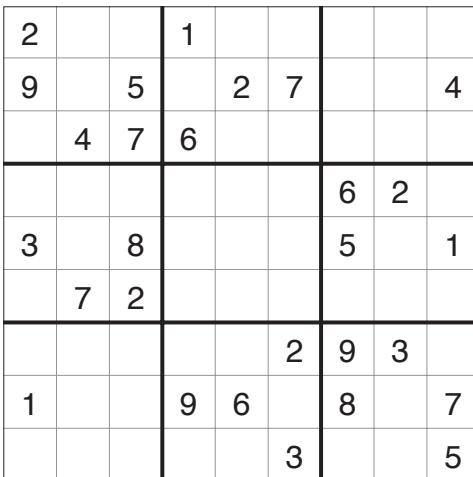
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Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	4	8	2	6	7	3	1	9
7	1	3	8	9	5	4	6	2
2	9	6	3	1	4	5	7	8
9	6	2	5	3	8	1	4	7
8	3	1	4	7	6	9	2	5
4	5	7	9	2	1	6	8	3
3	8	5	1	4	2	7	9	6
6	2	4	7	5	9	8	3	1
1	7	9	6	8	3	2	5	4

The Weather Network
©The Weather Network 2010



Today
Mainly sunny
22° / 13°



Saturday
Partly cloudy
25° / 17°



Sunday
Showers
60%
24° / 18°



MARK BAKER/THE ASSOCIATED PRESS

Caption contest



"You should not have ate that Tuna sandwich for Lunch!!"
KEVIN NAIDU

You
write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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I, You mean everything to me... I think about you night and day! Please let me back in your life. Our future was meant to be spent together. Let's walk down that long, lonely road together and find some happiness. Still breathlessly waiting, D

I would like to wish a Happy "Champagne" Birthday to my little sister Ashley on Aug 20/10. Happy 20th Birthday Ash, hope you have an AWESOME day. Can't wait to party tonight. Next year...VEGAS!! Love you lots!

- YOUR BIG SISTER BRENDA -

Erin, falling in love with you is so easy and natural. You have made this the best summer of my life! We have so much to be excited about for our future and I can't wait for our vacation next week!!!
XOXO IAN



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